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Mmmm, local flavours

Chefs in Saskatoon are using more province-specific ingredients PAGE 3

It's time to bust out the tin foil

If we're all just Internet-age lab rats, then Facebook is holding the clipboard PAGE 10

THE U.S. WOULD NOT GO QUIETLY ...

HE MADE THE MOST SAVES IN WORLD CUP HISTORY, BUT TIM HOWARD COULDN'T BEST BELGIUM, WHO CAN LOOK FORWARD TO A QUARTER-FINAL DATE WITH ARGENTINA PAGE 18

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WITH GLOWING HEARTS

Breanna Schneider, 11, left, poses with sister Meagan, 13, and brother Brett, 6, at Saskatoon's Canada Day celebration at Diefenbaker Park on Tuesday. Organizers say between 30,000 and 40,000 people showed up throughout the day to celebrate Canada's 147th birthday. Story, page 4.

MORGAN MODJESKI/METRO

53 communities declare states of emergency

Flooding in Saskatchewan. Costs will likely exceed $360 million spent in 2011, premier says

MORGAN MODJESKI
morgan.modjeski@metronews.ca

The number of Saskatchewan communities that have declared states of emergency due to days of heavy rain in the province's southeast corner has jumped to 53 from 36.

In Saskatoon on Tuesday, Premier Brad Wall said they expect that number to climb and explained that the provincial government is assisting communities affected by the floods that he referred to as "unprecedented."

Dispatching rapid-response and sandbag teams to the hardest-hit communities, Wall and other members of Saskatchewan's flood committee will tour affected areas on Wednesday.

"The ministers and I want to get to the area and see it firsthand, and we also don't want to be in the way of the response," Wall told reporters.

Officials said on Monday that parts of southeast Saskatchewan had been hit with more than 240 millimetres of rain this past weekend.

At least 19 sections of highways in eastern Saskatchewan were shut down as of Tuesday.

Evacuations have moved more than 450 people in the region, including about 250 from Gainsborough and some 150 patients from St. Peter's Hospital in Melville, approximately 145 kilometres northeast of Regina, as a creek behind the facility rose on Tuesday.

Despite the evacuations, the Ministry of Government Relations emergency management and fire safety commissioner, Duane McKay, said they've had no reports of injuries.

Patrick Boyle, spokesman with the provincial Water Security Agency (WSA), said dry conditions expected in the coming week will help.

However, the WSA will monitor the Qu'Appelle Basin as water from swollen creeks and streams drains into the larger system.

Staff with the WSA and Government Relations are offering relief through the Emergency Flood Damage Reduction Program. As a result of the flooding, Wall said, costs to the province are expected to exceed the $360 million spent due to Saskatchewan floods in 2011 — $200 million of which was covered by federal relief.

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West of Saskatoon

Pieces of stolen race car found outside city

The owner of a stolen race car says he's confident he'll see his piece of automotive art returned, despite the fact that parts of the vehicle were found west of Saskatoon on Monday.

Bob Heroux, who has owned Lazer Autobody in Saskatoon for 28 years, said the 1968 Oldsmobile Cutlass 442, known as Scat Rat, was stolen from his garage on Saturday night.

A trailer used to carry the vehicle, valued between $60,000 and $80,000, was found near the town of Vanscoy on Sunday. On Monday night, more pieces of the car were discovered near Grandora, about a 15-minute drive west of the city.

"My nephew found the dash for the car on the side of the highway, near where we found the rest of the stuff," Heroux explained, adding that they had found seatbelts, the car's differential and its roll cage intact.

"It's looking not too good, because the car is either buried or it's gone," he said of the vehicle he has owned for 32 years.

He noted, however, that he's continuing to offer a $10,000 reward for the car's return.

"Hopefully, it will be returned in pieces," Heroux said. "That would be fine with me."

RCMP Sgt. Craig Cleary confirmed that pieces of the car have been found. Saskatoon police are investigating.

MORGAN MODJESKI/METRO

Scat Rat, a 1968 Oldsmobile Cutlass 442 that was stolen in Saskatoon.
COURTESY BOB HEROUX

Provincial flavours helping build city's culinary scene

Saskatoon cuisine.
Chefs increasingly embrace use of local ingredients

MORGAN MODJESKI
morgan.modjeski@metronews.ca

Local chefs are producing more Saskatchewan-specific menu items when it comes to Saskatoon's cuisine scene, and experts say the trend will help the city expand its reputation among Canadian foodies.

Amy Jo Ehman, a senior judge of the Gold Medal Plates, a qualifying event for the Canadian Culinary Championships, said she's seen chefs incorporate local ingredients more and more in the past five years.

"Our chefs are really interested in establishing their own … reputations and their own flavours and dishes that represent Saskatchewan," said Ehman, author of Prairie Feast: A Writer's Journey Home for Dinner.

"Many of them are from here originally and have a good knowledge of the ingredients and the agricultural history of our province, and they're really making the most of that."

She explained that when people travel to Saskatoon, many seek local flavours. If they have a positive experience while dining on Saskatchewan-inspired dishes, she said, they might spread the word when returning home.

Anthony McCarthy, executive chef at the Saskatoon Club and president of the Saskatoon branch of the Canadian Culinary Federation of Chefs and Cooks, said he, too, has seen the transition.

He explained that local ingredients can be more sustainable.

"Produce grown locally by a farmer who cares is going to have a lot more flavour to it, generally speaking," McCarthy said.

"Its quality has not been affected through thousands of miles of travelling."

With a selection of organic mushrooms and produce, McCarthy said, local ingredients go well beyond the Saskatoon berry.

"People are recognizing that we are unique in some of our foods," he added, "and doing great things with the other ones."

Anthony McCarthy, executive chef at the Saskatoon Club and president of the Saskatoon branch of the Canadian Culinary Federation of Chefs and Cooks, works in the kitchen at the club. MORGAN MODJESKI/METRO

The Sheepdogs, lead guitarist go separate ways

Members of the Sheepdogs are seen in this photo. CONTRIBUTED

Saskatchewan's Sheepdogs and their lead guitarist have decided to split.

On Tuesday, Leot Hanson, one of the founding members of the Saskatoon-based band, confirmed to Metro that he is no longer a member of the Sheepdogs. However, details had yet to be released.

In a Facebook message on Tuesday, Hanson explained, "Right now it's a tricky situation because things are still (to) be resolved, but I'm def not in the band anymore."

The Sheepdogs gained an international following after winning the Rolling Stone's Choose the Cover contest in 2011, which saw Hanson and vocalist Ewan Currie, bass player Ryan Gullen and drummer Sam Corbett grace the cover of the Aug. 18, 2011 issue of the iconic entertainment magazine.

Metro reached out to Gullen shortly before the Sheepdogs were set to perform at the Edgefest event in Toronto. Gullen said interview requests about Hanson's departure should be directed to the band's publicist.

Attracting a massive fan base across Canada, the Sheepdogs have won a number of accolades including the 2012 Juno Award for rock album of the year for Learn & Burn, the 2012 Juno for new group of the year and the Juno in 2012 for single of the year, for the song I Don't Know.

MORGAN MODJESKI/METRO

Mariko Ito, 20, from left, Aina Inamata, 20, and Mirai Watanabe, 21, look sharp in their matching patriotic outfits at Saskatoon's Canada Day celebration at Diefenbaker Park on Tuesday. Inset: Jared Orynik celebrates at the park with his 10-month-old son Andrew for the toddler's first Canada Day. MORGAN MODJESKI/METRO

Saskatonians celebrate in red and white

Diefenbaker Park. Between 30,000 and 40,000 turn out to enjoy Canada Day fun

MORGAN MODJESKI
morgan.modjeski@metronews.ca

Diefenbaker Park was clad in red and white on Tuesday as thousands of Saskatoon residents came out to express their patriotism and commemorate Canada's 147th birthday.

Brad Sylvester, chairman of the Canada Day celebration hosted by the Optimist Club of Saskatoon, said he's seen the event's demographics change dramatically in his 12 years in that position.

"We have new Canadians here — we have Canadians of multiple generations, we have First Nations," Sylvester said.

"We have everyone represented in our crowd here today, and it's really a day to be proud as a Canadian."

The Optimist Club of Saskatoon estimates that it saw between 30,000 and 40,000 visitors.

"Canadians are now becoming a little more patriotic," Sylvester said, adding that the 2010 Vancouver Olympic Winter Games helped spark the switch.

"We used to be envious of a lot of American patriotism in their country, which I admire. And now we get to see Canadians do a little bit more of that."

Jared Orynik and his family were among attendees at Diefenbaker Park events.

"It's just a good family event for us, and we want to teach our kids about Canada and our history and the multiculturalism," Orynik said.

"That's why we come out every year."

It was the 47th year that the Optimist Club of Saskatoon hosted the July 1 gathering.

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Stampede looks back with pride on flood recovery

Calgary Stampede. Water here, water there, water everywhere — yet last year's event was still a go

Getting the Stampede grounds ready, June 2013. JEFF MCINTOSH/THE CANADIAN PRESS

The fact that organizers managed to pull off the 2013 instalment of the Calgary Stampede is cited as one of the massive achievements of Alberta's recovery from last year's flooding.

But Warren Connell, vice-president of park development with Stampede, said many don't realize just how close they came to not being able to throw open the gates.

"If the flood had been two days later, we wouldn't have been open in time," Connell said in an interview ahead of the 2014 Stampede, which kicks off this week. "We probably had as much luck going with us as you could possibly hope."

The Stampede grounds were one of the areas hardest hit when floodwater swamped downtown Calgary at the end of June 2013, only two weeks from the July 5 parade to mark the opening of the city's marquee summer event. The water was about three metres deep in the rodeo infield.

The Saddledome was flooded up to the eighth row of seats.

"I think it became a beacon of hope and so it would have been very deflating if we had failed," Connell said recalling all the hard work.

THE CANADIAN PRESS

Hong Kong protesters demand full democracy

Protesters block a road during an annual protest in downtown Hong Kong on Tuesday. Hong Kong residents marched through the streets of the former British colony to push for greater democracy in a rally fuelled by anger over Beijing's recent warning that it holds ultimate authority over the southern Chinese financial centre.

KIN CHEUNG/THE ASSOCIATED PRESS

Lac-Mégantic mayor opens up about railway disaster's personal impact

Colette Roy-Laroche.
One year after tragedy, Quebec town's 'Granite Lady' talks about how she manages grief after suffering family losses

Mayor Colette Roy-Laroche put on a brave face for the world as she took charge after a deadly railway disaster struck her town, killing 47 people. Few knew she was mourning her own relatives, who were among the dead.

One year after the runaway train destroyed part of Lac-Mégantic, Que., the local leader is opening up about her family's losses in the catastrophe that killed two of her cousins and could have claimed the life of her son.

Roy-Laroche has rarely spoken in public about the tragic July 6, 2013, derailment's impact on her personal life.

She spoke in a recent interview ahead of the first anniversary of a crash that saw a train loaded with volatile crude oil smash into downtown Lac-Mégantic and explode.

Over the past year, Roy-Laroche said she constantly thought about her cousins Jean-Pierre Roy, 56, and Eliane Parenteau, 93, as well as the other victims, even as her long days as mayor consumed much of her life.

"Just passing by the damage every day — several times per day — reminds us," said Roy-Laroche, mayor since 2002. "But despite this, we must continue to move forward. If we let our emotions take over, I think I would just stay at home."

Managing her own grief has become an additional demand of the job for Roy-Laroche as she tries to help rebuild the community of nearly 6,000 people, which saw much of its downtown core wiped out.

That emotional balancing act started right after the first explosion. With flames devouring her town, she took on her unprecedented mayoral duties that night despite the dread her loved ones could be caught in the inferno.

Quoted

"This is a small place.... We can't forget."
Lac-Mégantic Mayor Colette Roy-Laroche

For hours, Roy-Laroche said she feared her son, Frederic Laroche, was among the dozens missing in the early-morning catastrophe. After the first blast, she drove as close to the fire as she could.

"I said to myself, 'I hope Frederic isn't there,'" said Roy-Laroche, who discovered the next morning that he was safe at home.

She believes that was thanks, in part, to the fact she was unavailable to babysit for him. Otherwise, she said, he would have likely been at the Musi-Café bar, where more than two dozen people died.

"But this is my story and it's one story among many others like it," she said. "Why wasn't he there? Why were those who were there, there? These are questions we can ask, but we'll never have an answer."

When the tears do come, they usually flow without warning, said Roy-Laroche, who earned the nickname the "Granite Lady" for her calming demeanour and composure during the crisis.

"I think I control my emotions quite well, but at the same time I don't have control of the moment when it pours out," she said.

Sometimes she cries because of a situation or a reminder. On other occasions, all it takes is a single word.

"We are always in front of this reality, the losses for families, whether it's because I cross paths with them often in a week, whether it's because there's a file that reminds us of it," Roy-Laroche said. THE CANADIAN PRESS

Lac-Mégantic Mayor Colette Roy-Laroche speaks at a news conference in July 2013. JACQUES BOISSINOT/THE CANADIAN PRESS FILE

Refreshed Rob Ford greeted by boosters, booers during parade

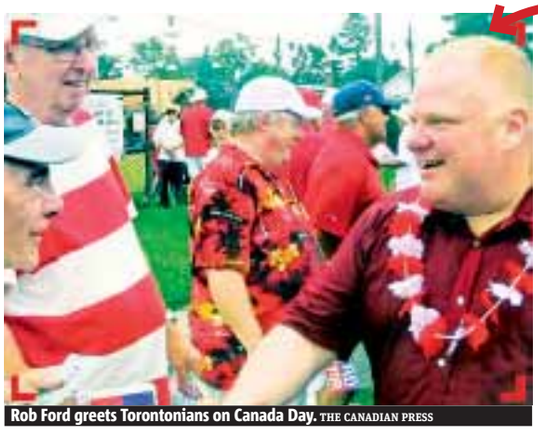
Supporters cheered and critics jeered as an energetic-looking Rob Ford mingled with Toronto revellers Tuesday, a day after his official return from a stint in rehab.

Marching in a Canada Day parade in the city's east end, the scandal-plagued Toronto mayor was greeted with shouts of "disgrace" and "resign" from some in the crowd, which he brushed off by wishing friend and foe alike the best on the country's 147th birthday.

Ford seemed in high spirits despite his detractors and said he was happy to be back.

"It feels great. Absolutely great. Fantastic," he said while his aides handed out mini "Ford Nation" flags and magnets to the crowd.

His march along the parade route was slow and halting, leaving him lagging behind rivals John Tory and Olivia Chow as a steady stream of fans stopped to take their picture with him and shake his hand.


Rob Ford greets Torontonians on Canada Day. THE CANADIAN PRESS

Some parents had their children pose with the mayor, and Ford himself brought his young son along to the event.

Supporter Helen Papathanasakis said he seems to have benefited from the break.

"He looks relaxed and I think there's a lot of Torontonians who believe in him and we're hoping he's successful," she said.

But others weren't so eager to see Ford among the marchers.

AUGMENTED REALITY

→ From "Keep up the good work" to "Shame," Toronto Mayor Rob Ford was both greeted and heckled on Tuesday. Scan the photo with your Metro News app to see a video of Ford at the Canada Day parade.

metro AR

→ See full instructions on Metro's Voices page.

"It's a travesty to have him in the East York parade.... I just don't think I can stand here and not say something against his presence," said Elinor Mahoney.

"I don't get the mindset of people who want to introduce their kids to him. It's like introducing them to some tyrant from past times." THE CANADIAN PRESS

Astro-not

Canada's used up all its space cred, NASA says

Unless Canada makes many more contributions to the International Space Station, it could be a while before another Canadian astronaut visits the giant orbiting space laboratory.

It's clear for the moment that no Canadians will be heading up to the space station before 2017 — at the earliest.

"We've kind of booked up the flights through the end of 2016," NASA's chief astronaut Bob Behnken said from Houston.

Under a bartering system, Canada collects "credits" based on its contributions to the development of the space station, with the credits traded in for trips by astronauts.

But Behnken says Canada used up most of its credits for Chris Hadfield's five-month visit, which ended in May 2013.
THE CANADIAN PRESS

Fresh idea

Credit card does double-double duty at Timmies

With the press of a button, Tim Hortons is hoping Canadians will warm to a new credit card partnership.

The coffee and doughnut chain has joined CIBC for the "Double Double Visa Card," which includes physical buttons built into the plastic.

Cardholders can press one of two options on the face of the card — a button that accesses their Visa account or another that lets users redeem loyalty points for products at the company's restaurants.

Each button has a coloured light that illuminates when the user activates one of the options on the card.

The card allows users to earn points on purchases they charge to their no-annual-fee Visa card, collecting a cent on every dollar in Tims Cash rewards, the companies said.
THE CANADIAN PRESS

Court upholds France's ban on veils

The European Court of Human Rights on Tuesday upheld France's law banning face-covering Muslim veils from the streets, in a case brought by a woman who claimed her freedom of religion was violated.

The ruling by the Strasbourg-based court was the first of its kind since France passed a law in 2010 that forbids anyone to hide his or her face in an array of places, including the street.

The court's Grand Chamber rejected the arguments of the French woman in her mid-20s, a practising Muslim not identified by name. She said she doesn't hide her face at all times, but when she does, it is to be at peace with her faith, her culture and convictions. She stressed in her complaint that no one, including her husband, forced her to conceal her face.

The court ruled that the law's bid to promote harmony in a diverse population is legitimate and doesn't breach the European Convention on Human Rights.

Critics of the ban contend the law targets Muslims and stigmatizes Islam.

THE ASSOCIATED PRESS

Face-covering fine

150

Number of euros ($218) anyone who covers their face can be fined under French law — or they can be sent to a citizenship class.

A woman who gave her name as Najat is shown at a press conference in May 2010 holding her French passport. REMY DE LA MAUVINIERE/THE ASSOCIATED PRESS FILE

Sarkozy. Ex-president of France allegedly linked to $50M from Gadhafi

Former French President Nicolas Sarkozy was in police custody Tuesday, apparently under questioning in an investigation linked to allegations that he took $50 million in illegal campaign funds from Libya's Moammar Gadhafi.

But will the shocking detention and sordid case torpedo Sarkozy's chances at a presidential comeback?

Maybe not.

Sarkozy, a political survivor who's been touring the world with his pop singer wife, is still among the most popular politicians in France despite a pile of investigations that target him.

The 59-year-old hasn't been convicted of anything and remains well-known on the international stage. And he may be his troubled conservative party's best chance to regain the presidency in 2017, after losing it to Socialist Francois Hollande in 2012.

A judicial official said Sarkozy was detained for questioning Tuesday at the headquarters of the judicial police in the Paris suburb of Nanterre. French police would not provide any details.

BFM television said late Tuesday night that Sarkozy was transferred to an investigating judge, who could charge him, name him as a witness, or release him.

Sarkozy has vigorously denied wrongdoing.

THE ASSOCIATED PRESS

Former French president Nicolas Sarkozy, 59, remains popular. LIONEL CIRONNEAU/THE ASSOCIATED PRESS FILE

Changing times

Russia abandons endless 'summer'

Russia's legislature, often accused of metaphorically turning back the clock, has decided to do it literally — abandoning the widely disliked policy of keeping the country on daylight-saving time year-round.

The 2011 move to impose permanent "summer time" was one of the least popular initiatives of Dmitry Medvedev's presidency.

It forced tens of millions to straggle to their jobs in pitch darkness during the winter months.

THE ASSOCIATED PRESS

Conviction overturned

'Cannibal cop' released from jail

A former New York Police Department officer left jail on Tuesday after a judge overturned his conviction in a bizarre case accusing him of plotting to kidnap, kill and eat young women.

Judge Paul Gardephe ruled that there was insufficient evidence to support a jury's guilty verdict in the kidnapping conspiracy conviction of Gilberto Valle, 40.

His lawyers had argued that the alleged plots were really fantasy online role play that never put anyone in harm's way.

THE ASSOCIATED PRESS

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SASKATOON transit

Violence erupts in Ukraine as peace talks are called off

Broken ceasefire. Ukrainian military used heavy artillery, airstrikes against separatists, while rebels attack Donetsk

People are evacuated from a hospital during fighting near a regional police department in Donetsk, Ukraine, Tuesday.
DMITRY LOVETSKY/THE ASSOCIATED PRESS

Ukrainian forces and pro-Russia separatists fought with heavy weapons in the country's east Tuesday, and the rebels captured the Interior Ministry headquarters in a major city after an hours-long gun battle, a day after the president said rebels weren't serious about peace talks and ended a ceasefire.

The often-broken ceasefire had given European leaders 10 days to search in vain for a peace deal, and its end raised the prospect of an escalation in a conflict that has already killed more than 400 people.

Ukrainian forces have been unable to suppress the rebels in two months of fighting — and it was not clear now what they would be doing differently to change that situation.

President Petro Poroshenko had called a unilateral ceasefire to try to persuade the rebels to lay down their weapons and hold peace talks. Some of the rebels later signed onto the ceasefire as talks began. But each side accused the other of violations.

Poroshenko announced the end of the ceasefire on Monday night, and on Tuesday the military made artillery and air strikes against separatist positions, Defence Ministry spokesman Oleksiy Dmytrashkovsky told the Interfax news agency. He said one service member was killed and 17 wounded in the previous 24 hours, and that an Su-25 attack aircraft was damaged. There was no comment on casualties from the rebels.

In Donetsk, rebels attacked a police building, and fighting raged in the city centre. The streets were deserted and rifle fire could be heard. After hours of gun battles, the rebels took over the Interior Ministry compound, and the body of a plainclothes police officer lay outside. THE ASSOCIATED PRESS

European response

EU threatens sanctions

European leaders have threatened a new round of economic sanctions against Russia if it and the rebels don't meet conditions set by Poroshenko. But ambassadors from the European Union's 28 governments decided Tuesday in Brussels that they were not ready to impose new sanctions, instead agreeing to prepare a proposal to be decided at their next meeting Monday, according to an EU official.

That proposal would target those responsible for fomenting unrest in eastern Ukraine, according to a diplomat from a major EU country, and could include travel bans and asset freezes for both individuals and companies. The EU has so far sanctioned only individuals.
THE ASSOCIATED PRESS

Israel

Thousands mourn slain teens, military targets Hamas

Tens of thousands of mourners converged Tuesday in Israel for a funeral service for three teenagers found dead in the West Bank after a two-week search and crackdown on the Hamas militant group, which Israeli leaders have accused of abducting and killing the young men.

The deaths of Eyal Yifrah, 19, Gilad Shaar, 16, and Naftali Fraenkel, a 16-year-old with dual Israeli-American citizenship, have prompted angry calls for revenge.

Prime Minister Benjamin Netanyahu convened his security cabinet for an emergency meeting to discuss a response to the killings, hours after airstrikes targeted dozens of suspected Hamas positions in the Gaza Strip.
THE ASSOCIATED PRESS

India

Survivors found three days after building collapse

Rescuers pulled seven more survivors from under the concrete ruins of a collapsed 11-storey building on Tuesday, three days after it toppled and killed at least 29 people in southern India, officials said.

Already, 26 people have been rescued alive from under the enormous heap of broken slabs, twisted iron girders and concrete dust where the apartment was being constructed in a suburb of Chennai, the south-coast capital of Tamil Nadu state, according to the National Disaster Response Force.

Hundreds of rescue workers, wearing hard hats and breathing masks, were likely to continue searching at least another day.
THE ASSOCIATED PRESS

Gadgets to track your swing, step and shot

Big business.
Technology that gathers data on everything from sleeping to slapshots for weekend warriors is now a $2-billion industry

LIA GRAINGER
saskatoon@metronews.ca

There was a time not so long ago when sports professionals swore the key to athletic achievement was practice, practice, practice.

Now, thanks to a booming $2-billion digital-health industry, there's a whole range of sport-specific tech gadgets that claim to help both professional and amateur athletes train smarter.

"Never before have you been able to so easily gauge your performance," says columnist and self-proclaimed technology evangelist Marc Saltzman. "Information is paramount."

To get you in the game for summer, he picked out his favourite new fitness-tech items at Sport Chek.

BEST FOR TENNIS: BABOLAT PLAY, $450

Billed as the world's first connected tennis racquet, the Babolat Play monitors nearly every aspect of your tennis performance: where the ball has hit the racquet, how many times you've struck the ball, and what kind of spins and angles you've put on your shots. "How many times have you used your forehand and backhand? Now you can get that information," Saltzman says. All of the information can be loaded onto a smartphone and then shared and compared with fellow connected players around the world.

BEST FOR RUNNERS AND WALKERS: GARMIN VÍVOFIT, $150

Activity trackers that count your steps, stairs and strides per day are nothing new,

but this bracelet-style fitness band stands out from the pack thanks to its year-long battery life. It also tracks your sleep patterns and can record food and calorie intake, making it the Big Brother of lifestyle companion devices.

BEST FOR BASEBALL: EASTON POWER SENSOR, $150

The Power Sensor fits on the bottom of any bat and monitors the speed and plane of your swing. And if you record your batting practice with a smartphone, the app will sync your stats with the video so that the data will be displayed onscreen as your increasingly killer swing slices across the plate.

BEST FOR CONTACT SPORTS: REEBOK CHECKLIGHT, $150

This skullcap fits under a helmet and contains sensors that monitor the severity of impacts, flashing amber

for less risky blows to the head and red when the hit is hard enough to merit getting that noggin looked at. Experts warn that it does nothing to protect the head and does not indicate or diagnose concussions — it serves more as a measure of where your chosen sport ranks on the brutality scale.

BEST FOR HOCKEY: FWD POWERSHOT FROM QUATTRIUUM, $150

This seven-inch device slides into your hockey stick and delivers to your smartphone everything you could possibly want to know about your slap, wrist and snap shots, including shot acceleration, stick speed, and puck speed and rotation.

Mixing business and religion

David Green felt like the black sheep of his family. His five other siblings had followed their preacher father into church work; David went into retail.

But as his business successes mounted, he found his religious calling: using the financial might from his Hobby Lobby arts and crafts chain as an engine for evangelism.

That mission, until recent years carried out largely within the world of Pentecostal Christianity, took the 72-year-old Green all the way to a landmark victory Monday at the U.S. Supreme Court over the birth-control coverage rule in President Barack Obama's health-care overhaul.

"They'll be heroes to the very conservative religious people who are very much against abortion," said Vinson Synan, a friend of the Greens and a prominent scholar of Pentecostal history at Regent University.

The justices ruled 5-4 that requiring closely held companies such as Hobby Lobby to pay for methods of women's contraception to which they object violates

Rev. Bruce Prescott, left, applauds during a vigil outside a Hobby Lobby store in Edmond, Okla., on Monday. SUE OGROCKI/THE ASSOCIATED PRESS

the corporations' religious freedom. It was the first time the high court has declared that businesses can hold religious views under federal law in the U.S. THE ASSOCIATED PRESS

Dov Charney

American Apparel founder fights back

The battle for control of clothing chain American Apparel is heating up.

Ousted American Apparel CEO Dov Charney has increased his stake in the clothing chain to nearly 43 per cent as he fights to keep control of the company he founded in 1998. THE ASSOCIATED PRESS

Dov Charney
THE ASSOCIATED PRESS FILE

Market Minute

NATURAL GAS
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(no change)

GOLD
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TSX closed for Canada Day.

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CÉF
AVIS DE MISE EN CANDIDATURE
Élection partielle *

Conseil scolaire fransaskois

Avis est donné par la présente pour recevoir les mises en candidature à (1) un poste de conseiller ou conseillère scolaire pour la région scolaire de Saskatoon no5 dont le mandat se terminant en septembre 2016.

Les candidatures seront reçues jusqu'au mercredi 16 juillet 2014, entre 9 h et 16 h et pendant les heures d'ouverture du siège social du CÉF de Regina à compter du 3 juillet 2014.

Date limite : le mercredi 16 juillet 2014, 16 h

Pour plus d'information ou pour obtenir un formulaire, communiquez avec Catherine Colombet, directrice adjointe de scrutin, au siège social de Regina, au 1 877 273-6661 ou au 1 (306) 757-7541.

Dans l'éventualité d'une élection, le scrutin par anticipation se déroulera de 15 h à 19 h le vendredi 8 août 2014 et le scrutin, le mercredi 13 août 2014 de 10 h à 20 h.

Région scolaire francophone de Saskatoon desservant l'école canadienne-française (pavillon élémentaire et pavillon secondaire Gustave-Dubois)

Fait à Regina, le 28 juin 2014 - Michelle Areneault, directrice de scrutin

**Critères pour une mise en candidature*

Toute candidate et tout candidat doit :
- Être âgé d'au moins 18 ans ;
- Posséder sa citoyenneté canadienne;
- Résider en Saskatchewan depuis au moins six mois ;
- Recevoir l'appui par écrit (signature) de cinq parents d'élèves de la maternelle à la 12e année de l'école fransaskoise

ET répondre à un des trois critères suivants :
- Être un ayant droit qui a un ou des enfants inscrits à l'école fransaskoises ; ou
- Être un ayant droit qui a un ou des enfants inscrits à un programme d'enseignement de langue minoritaire ; ou
- Être un adulte de langue minoritaire qui réside dans la région scolaire de Saskatoon.

WELCOME TO FACEBORG

JUST SAYIN'

Paul Sullivan
metronews.ca

It turns out those people wearing the tin foil hats are right:

"They" are messing with our minds.

"They" in this case is Facebook, and "they" decided to find out how we react to an increase or decrease in positive or negative posts by manipulating the news feeds of 600,000-plus randomly selected social media lab rats ... without telling us.

In case you're interested, the more positive posts you see the more positive your posts will be. And as you might expect, negativity breeds negativity.

We found out only because the researchers published the results in a scientific journal on June 17, and the online anger has been building ever since. Finally, on Sunday, the leader of the experiment, one Adam D. I. Kramer, issued an apology: "In hindsight, the research benefits of the paper may not have justified all the anxiety."

Of course, he posted it on his Facebook page.

So, here's the bottom line, fellow lab rats: Facebook is altering the way we behave without telling us. No reason to be alarmed ... much. Excuse me while I rush to the supermarket to stock up on tin foil.

I don't know about you, but I've never trusted Facebook. It is sitting on the accumulated data of nearly 1.3 billion users, and you'd have to be pretty naïve to believe they're just sitting on it.

The spectre of some guy in a white lab coat playing with the emotions of 600,000 unsuspecting people like a cyberspace symphony is creepy enough, but what else are they doing? What else can they do?

Over and over again, we have allowed Facebook and friends to ignore all boundaries so we can communicate better, shop better, get around better, etc. We have committed this sacrifice with the understanding that they will respect us and, as the Google boys like to say, "Don't be evil." Until now, this devil's bargain was merely annoying. In return for a website that connects everyone all the time, Facebook gathers intimate data and sends out embarrassingly appropriate ads for itching powder or toupees.

But once they start poking and prodding your mind for fun without telling you, it's time to reboot. Facebook is starting to sound like the Borg, that alien presence from Star Trek that assimilates everyone in its path into the "hive mind" in the ultimate pursuit of machine perfection. OK, we're not there yet, but in Facebook's creepy assault on our innocence we can see the way, and it's not that far to go.

"Resistance is futile," intones the Borg. Well, maybe. But I have a new tin hat and a heightened sense of vigilance. I won't get fooled again.

Right.

BATTLE ON THE METRO

Commuters stop in front of Joe Sacco's massive cartoon mural depicting the first day of the 1916 Battle of the Somme in Paris. BERTRAND GUAY/AFP/GETTY IMAGES

Somme spans 500 feet in mural

Joe Sacco's epic depiction of the first day of the Battle of the Somme has been recreated on the wall of the Paris Metro.

Published last autumn, the acclaimed cartoonist's wordless panorama The Great War picked out the events of the First World War battle, which began 98 years ago on July 1, from the British soldiers who went over the top to the mass burials of the dead.

"It all started when I was playing darts with a friend of mine in New York," he told Agence France-Presse. "'Why don't you do something on the First World War?' he asked. That was 15 years ago."

Now the comic is being shown in the Montparnasse metro station in Paris in a display that runs to 130 metres.

"I'm delighted by this project," said Sacco, according to Le Figaro. "I really believe in public art exhibition, because art is, by its nature, public." THEGUARDIAN.COM

Quoted

"I wanted to give an idea of the size of the massacre, an idea of the losses and the human suffering."

Joe Sacco, cartoonist, in an interview with French newspaper Le Monde

Previous works

- Sacco went to the Middle East in 1992 and came away from Israel and the occupied territories with the material that would make up his groundbreaking comic book series Palestine.
- In 1995 he travelled to Sarajevo where he began Safe Area: Gorazde, a fierce condemnation of the political impotence and badly-planned UN operations during the Bosnian conflict.

DRAWNANDQUARTERLY.COM

METRO AUGMENTED REALITY

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metro AR

In this issue, you can find AR enhancements on page 4 in News, pages 11 and 12 in Scene, page 14 in Life and page 18 in Sports

To see pages from Metro spring to life, simply download or update the Metro News app available from your device's app store and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.

2. Hold your device over any image that has the AR logo near it. Make sure you wait for the green scanning bar to read the image!

3. Voilà! You should see the AR in action — like a video, slide show or mobile content experience. You can even move your phone away from the page and interact with the content directly on your device.

MetroTube

The put-on-your-pants dance

ANDREW FIFIELD
andrew.fifield@metronews.ca

Near the top of the many strokes of genius David Letterman has had during his run as late night's premier weirdo are the twin faces of his bold vision of our current day: Stupid Pet Tricks and Stupid Human Tricks.

Because here we are, more than 20 years after those bits debuted, in a world of cats behaving badly and the worldwide talent show of YouTube. Which brings us to our newest star: this young man navigating his way into a pair of pants without using his hands, to the strains of The Final Countdown. It's not an illusion, Michael. It's a trick. (YouTube)

SCREENGRAB

metro

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DVD review

300: Rise of an Empire

Director. Noam Murro

Stars. Gerard Butler, Eva Green

The mere existence of 300: Rise of an Empire is worthy of note, since Gerard Butler's Spartan King Leonidas and his men achieved "a beautiful victory" but sadly lost their heads in the original film.

In what is neither prequel nor sequel (maybe we should call it equal), we meet the secret weapon of Rise of an Empire: Women.

This highly stylized account, drawn as before from a graphic novel by Frank Miller but under the direction this time of Israel's Noam Murro, has a vibrant lead in Eva Green, playing Artemisia, commander of the Persian navy, who dresses Goth, but acts Amazon.

Packing two lethal blades, she's great, giving Rise of an Empire some badly needed energy.

PETER HOWELL

Sarandon on the road again with Tammy

In the grandmother scheme of things.
Thelma and Louise star compares notes on her new film vehicle

NED EHRBAR
Metro in Hollywood

Susan Sarandon and Melissa McCarthy in Tammy CONTRIBUTED

Twenty-five years after Thelma and Louise, Susan Sarandon is taking a different kind of on-screen road trip with Tammy. Sarandon stars as the alcoholic, pill-popping grandmother to the titular Tammy (Melissa McCarthy), out to cause trouble across the Midwest.

You've been doing a lot of interesting smaller projects lately, like Ping Pong Summer. And even this, though it stars Melissa McCarthy, is from a first-time director.
Yeah, yeah ... that's hard. I feel a little bit like I've used up my coupons for first-time directors, actually. Mark Duplass called me and told me to do this one, and then Mark and Jay Duplass called me to tell me to do Ping Pong Summer. I always feel like if someone asks you to do something that's a favour to help get a film up and it's a one-and-a-half week commitment, that's a hell of a lot easier than a month and a half.

In your mind, can you connect this film to Thelma and Louise at all?
You know, it's so funny that we didn't think of Thelma and Louise. I mean, it didn't come up. I thought of it, but it didn't really come up while we were filming.... And then a year later when we went to do the press photo shoot, they had a convertible and a desert setting, and I said, "Are you sure you want to do that? We're about to have another anniversary for Thelma and Louise, and I think there's going to be a lot of that. Do you want to do that comparison?" And they were like, "Oh my God, I never thought of that." And they struck the car! They took the car away! But while we were filming it didn't actually come up. Maybe because it wasn't as cool a car, I don't know.

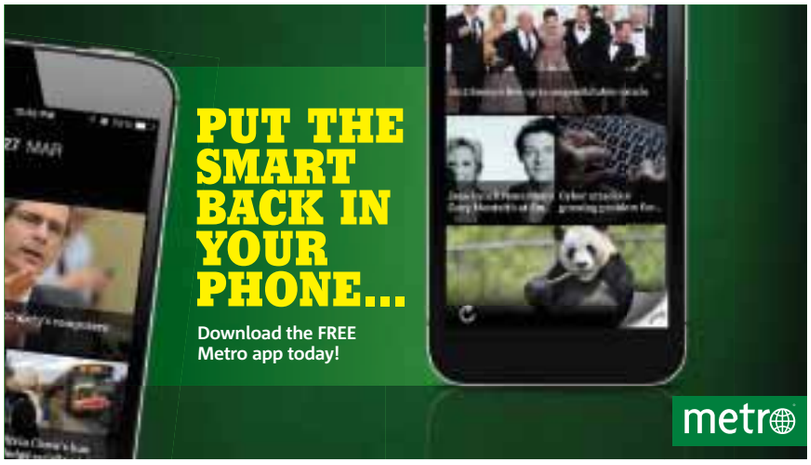
So far during your press tour, how many people have asked to take a selfie with you?
Nobody, nobody! Oh no, one on-camera reporter did. That's so funny that that became such a big thing. We just did it as an afterthought. We did a whole photo session of them uniting us, and there was a Polaroid, and we did do something there. And then we were doing the interview for the Hollywood Reporter, and at the end of it, I said, "Let's just do one," and we did one with my phone. (My dog) Penny tweeted it, and now it's a thing.

AUGMENTED REALITY

→ What happens when Ben Falcone tries to fire Tammy (played by his real-life wife Melissa McCarthy)? Scan this photo with your Metro News app to see hilarity ensue!

metro AR

→ See the full instructions on Metro's Voices page.



Under the provisions of *The Alcohol and Gaming Regulations Act, 1997,* Notice is hereby given that Amanda Dreis has applied to the Liquor and Gaming Authority for a Special Use Permit to sell alcohol in the premises known as Chop Chop Salon at 5 606 22nd St. W. Saskatoon, SK of which the following is a correct legal description:

Lot: 7 & 8
Block: 6
Plan No.: F2006&Parcel A, Plan G693
5 606 22nd Ave W,
City of Saskatoon

Written objections to the granting of the permit may be filed with SLGA not more than two weeks from the date of publication of this notice.

Every person filing a written objection with SLGA shall state their name, address and telephone number in printed form, as well as the grounds for the objection(s). Petitions must name a contact person, state grounds and be legible. Each signatory to the petition and the contact person must provide an address and telephone number. Frivolous, vexatious or competition-based objections within the beverage alcohol industry may not be considered, and may be rejected by the Saskatchewan Liquor and Gaming Licensing Commission, who may refuse to hold a hearing.

Write to:
Saskatchewan Liquor and Gaming Authority
Box 5054
Regina, SK S4P 3M3

Hollywood still exorcising its rite to terrify with tales of dark forces

Deliver Us From Evil. Latest big-screen thriller follows a proven formula for success

IN FOCUS
Richard Crouse
scene@metronews.ca

STORY NO. 01

The spooky new supernatural thriller Deliver Us From Evil sees Eric Bana play a jaded NYC police officer. "I've seen some horrible things," he says, "but nothing that can't be explained by human nature."

That changes when he meets a renegade priest (Édgar Ramírez) who convinces him a plague of demonic possession has infected the Big Apple. Working together, they combat the evil forces with exorcism and faith.

Deliver Us From Evil is based on a non-fiction book of the same name authored by Ralph Sarchie (with Lisa Collier Cool), a 16-year NYPD veteran who investigates "cases of demonic possession and [assists] in the exorcisms of humanity's most ancient — and most dangerous — foes," in his spare time.

"Before going out on a case," he writes, "I put aside my gun and police badge and arm myself with holy water and a relic of the True Cross."

Sarchie's story joins a long list of exorcism movies with roots in true events.

The Exorcist, granddaddy of all possession movies, is based in part on the 1949 case of an anonymous Maryland teen dubbed Roland Doe. The Catholic Church determined he was under a diabolical spell when things started happening — levitating furniture and holy water vials crashing to the ground — after he played with a Ouija board.

Exorcist author William Peter Blatty first heard about Doe's story when he was a student at Georgetown University in Washington, D.C. in 1950. He drew from newspaper reports and a diary kept by the attending priest, Father Raymond Bishop, as the backbone of his novel.

The character of Father Lankester Merrin, the elderly priest and archeologist played by Max von Sydow in the movie, was based on British archeologist Gerald Lankester Harding. Blatty said Harding "was the physical model in my mind when I created the character, whose first name, please note, is Lankester."

In recent years hits like The Rite, starring Anthony Hopkins as a real life exorcist tutor, and The Exorcism of Emily Rose — with Tom Wilkinson as a priest accused of murder when a young woman died during an exorcism — are based on true events.

Finally in The Possession a haunted antique carved "Dybbuk" box, containing an evil, restless spirit, turns the behaviour of a young girl (Natasha Calis) from angelic to animalistic. The owner of the real-life box offered to send it to producer Sam Raimi but the filmmaker declined. "I didn't want anything to do with it," he said. "I'm scared of the thing."

AUGMENTED REALITY

→ What to see a scene from Deliver Us From Evil that's downright creepy? Of course you do! Scan this photo with your Metro News app for a clip.

metro AR

→ See the full instructions on Metro's Voices page.

Édgar Ramírez and Eric Bana discuss the plague of demonic possession that has infected New York City. CONTRIBUTED

When Paul took over his dad's sales territory, he had big, muddy shoes to fill.

We became a publicly traded company 25 years ago, but our customers still think we're a family business. As a longtime potash salesman, Bill Whitworth was never afraid to walk the fields with his customers. And he followed one simple rule: "Always do what you say you're going to do." This worked pretty well for him over the years. Bill sowed dozens of successful customer relationships, not to mention lifelong friendships. He even inspired his son, Paul, to become a salesman at PotashCorp. Today, thanks to his father's nourishing example, Paul is growing his own relationships. To see the video of Bill's story, visit **PotashCorp.com/25**

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

The apple doesn't fall too far from the tree

MELINDA TAUB
Metro in New York City

Hey guys! Got a case of the back-to-work blues? Here's something to put things in perspective, namely a chilling reminder that addiction is a disease that frequently runs in families. That means the same child an addict once cited as an inspiration for getting clean may grow up to be at greater risk for abusing drugs himself.

Robert Downey Jr.'s son was arrested on Sunday afternoon for cocaine possession. According to ET, 18-year-old Indio Downey was a passenger in a car pulled over by the LAPD near the intersection of Santa Monica Boulevard and La Cienega. He was released Monday morning on $10,000 US bail.

Iron Man star Robert Downey Jr. famously struggled with substance abuse for much of his life, even serving two prison sentences, the first for three months and the second for nearly a year. Downey Jr. claimed he had been addicted to drugs from the age of eight, because his own father, Robert Downey Sr., had been giving them to him, according to the BBC.

Twitter

@KellyOsbourne
NOT A HAPPY BUNNY RIGHT NOW! I have completely lost my voice ;(

@rickygervais
Dear Nobel Prize Committee, I've noticed that when I eat loads of pies & chocolate & do no exercise I put on weight. Have I won anything?

@ConanOBrien
My kids have really been inspired by this year's World Cup. My son just bit our dog.

Don't tell Selena, but Biebs gets friendly with model

Selena Gomez

Selena Gomez may not like this. Justin Bieber was reportedly getting friendly with model Amber Rose at a party at West Hollywood nightclub Bootsy Bellows recently, according to Radar Online.

On-again, off-again girlfriend Gomez may have nothing to worry about, as Rose is married to rapper Wiz Khalifa, but the former Disney star has been known to take issue with Bieber's receiving texts from female pals, as she reportedly did when she found out he'd been in contact with Kylie Jenner earlier this year.

Here's one way to meet your soccer hero

Cristiano Ronaldo

Cristiano Ronaldo got quite the surprise last week when he returned to his hotel room in Brasilia, Brazil to find a 15-year-old boy waiting in his bed, according to Globo Esporte.

The fan, Yago Leal, evaded security and gained access to the suite via the balcony, waiting for Ronaldo to return on the eve of Portugal's World Cup match against Ghana.

Leal tells the newspaper that Ronaldo posed for a photo and signed an autograph.

Gigandet remembers O.C. cast as 'miserable' while guest starring on show

Outside of minesweeping in Afghanistan, being a guest star on a teen drama in its third or fourth season has to be one of the worst jobs there is.

By then, everyone seems to hate each other and the show and the fact that they're not movie stars yet (the things we've heard about the latter days of Gossip Girl would curl your hair), and outsiders are bound to get caught in the crossfire.

That's what Cam Gigandet claims happened to him when he guest starred on The O.C. "Ben McKenzie was kind of mean to me. I hadn't done anything at that point and he was a little bit of an ass," he told Elle. "But I love him. I think he's a great actor and I love Southland."

Apparently, McKenzie wasn't the only one making trouble. "I learned a lot. But the things that I remember now — none of them are good. It was only the third or fourth season. Those kids were f—king miserable. They were just — they would not remember their lines on purpose. They were young," Gigandet says.

Cam Gigandet ALL PHOTOS GETTY IMAGES

The only one who escapes Gigandet's scolding is, surprisingly, Mischa Barton — Gigandet doesn't remember her being there at all. Maybe this is all a big misunderstanding and Cam means someone named Ben was mean to him in the actual O.C.

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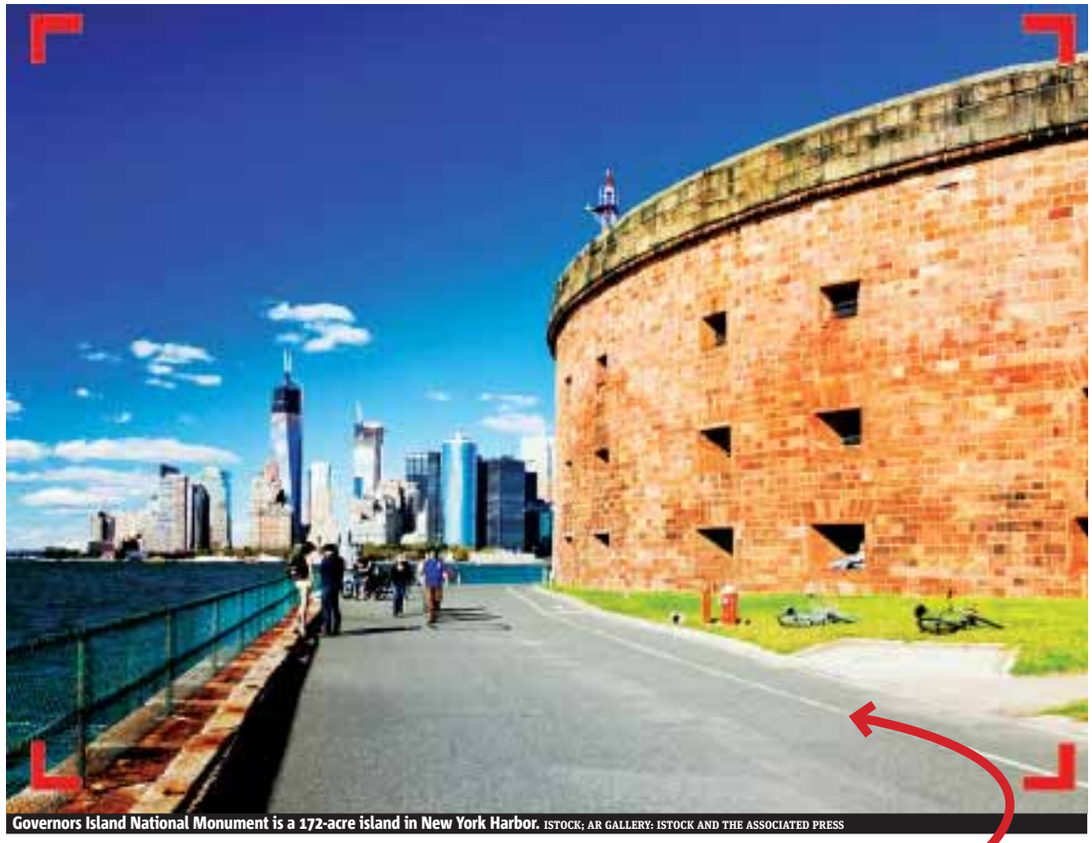
LIFE 3

Why not try some island hopping in New York City?

Day tripping. Governors Island and Roosevelt Island offer a respite from the bustle of Manhattan



Governors Island National Monument is a 172-acre island in New York Harbor. ISTOCK; AR GALLERY: ISTOCK AND THE ASSOCIATED PRESS

New York is a city built on water. Four of its five boroughs — Manhattan, Brooklyn, Queens and Staten Island — are located on islands, and the city's rivers and bays are dotted with many more. Two of New York's lesser-known islands make terrific destinations for a summer day trip, filled with history, green spaces and incredible views. And they're easy and fun to get to: Visit Governors Island by ferry and Roosevelt Island by tram.

Governors Island

Governors Island, a former military and U.S. Coast Guard base, has become one of New York City's most beloved day-trip destinations.

The vast green lawns and slopes, winding paths and views make the seven-minute ferry trip from Manhattan feel like a voyage to another world — not that you can forget you're a mere half-mile from Lower Manhattan, with soaring views of 1 World Trade Center and the Statue of Liberty just across the water.

Some of the best views come as you round the bend near Castle Williams, a circular red stone fort that served as a barracks and prison in the decades after its construction in 1811.

The island hosts concerts, children's activities, art shows and whimsical outdoor installations like a giant blue phone receiver in a tree.

It takes less than an hour to stroll around the island, but allow more time for enjoying parks and green spaces like Hammock Grove, with play areas and 50 hammocks. You'll also want to poke your head in historical buildings like the Admiral's House and visit shops like Better Than Jam, which sells locally handmade crafts and products. Food vendors offer everything from Belgian waffles, ice cream and beer, to oysters, sesame noodles and Cuban sandwiches. You can bring bikes on the ferry or rent bikes, tandem bikes and surreys on the island.

The island is open daily through Sept. 28 (Monday-Friday, 10 a.m. to 6 p.m., weekends and Labour Day until 7 p.m.). Ferries run daily from Lower Manhattan's Battery Maritime Building, 10 South St., near the Staten Island Ferry terminal. Ferries also run weekends from Brooklyn Bridge Park's Pier 6. Round-trip fare, $2 US, with select free ferries weekend mornings; see govisland.com.

Roosevelt Island

You can take the subway to Roosevelt Island, but it's more fun to take the tram from 59th Street and Second Avenue in Manhattan (one-way, $2.50 using a subway MetroCard). The six-minute ride offers views of the city, East River and Ed Koch Queensboro Bridge.

On the Roosevelt Island side, walk 15 minutes south to Franklin D. Roosevelt Four Freedoms Park on a tree-lined path along the river with great views of Manhattan across the way.

Sightseers ride the aerial tramway from Roosevelt Island to NYC. ISTOCK

Near the park entrance, you'll pass the Renwick Ruin, a gothic structure that looks like a horror movie set. It's an abandoned smallpox hospital that dates to the 1850s.

The park, in contrast, offers a sleek, pristine landscape, full of symmetry and angled views. It celebrates President Roosevelt's "Four Freedoms" speech, made in 1941. FDR extolled freedom of speech, freedom of worship, freedom from want and freedom from fear as "essential human freedoms ... attainable in our own time."

An excerpt is engraved on a granite monument; a bust of FDR sits at the island's southern tip. Tree-lined plazas, steps and other structures offer vantage points for seeing the Manhattan skyline; you'll easily pick out the Empire State Building, United Nations, Chrysler Building and 1 World Trade Center.

The park is free, open 9 a.m. to 7 p.m. every day except Tuesday; see fdrfourfreedomspark.org. Dining options on Main Street, not far from the tram, include Italian, Japanese and the Riverwalk Bar and Grill's yummy fish tacos and pulled pork sandwiches.

THE ASSOCIATED PRESS

AUGMENTED REALITY

→ Want to know how to spend a summer day in New York City? Scan this photo with your Metro News app for a gallery of images of Governors Island and Roosevelt Island.

→ See the full instructions on Metro's Voices page.

metro AR

Oh Canada! We're one quirky nation

ON THE MOVE
Loren Christie
life@metronews.ca

In honour of Canada's 147th birthday, I thought it would be fun to celebrate our quirky side by testing your knowledge of our country's most unique tourist destinations.

1) Which province is home to the world's largest Ukrainian Easter egg, badminton racket and piggy bank?
a) Manitoba
b) Prince Edward Island
c) Alberta

2) At the top of Whistler, B.C.'s Peak Express Chair there is a collection of what popular child's toy?
a) Rubber ducks
b) Teddy bears
c) Gameboys

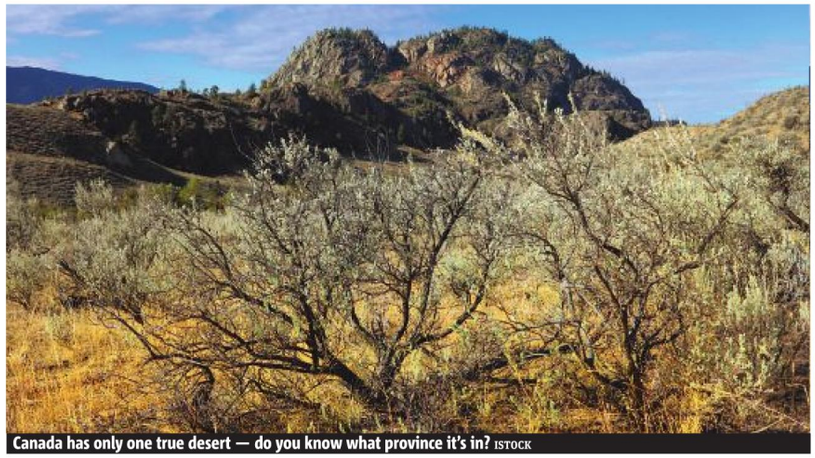
3) At Domaine Pourki on the Richelieu River, just 35 minutes from Montreal, you can stay overnight on the water sleeping in what kind of accommodation?
a) Igloos
b) Teepees
c) Tents

4) Which province is home to the towns of Heart's Delight, Heart's Desire and Heart's Content?
a) Newfoundland
b) New Brunswick
c) Ontario

5) Which Alberta town has become a pilgrimage site for thousands of Star Trek fans?
a) Kirkville
b) Klingon
c) Vulcan

6) The Glass House on the East Shore of Kootenay Lake in British Columbia was built from more than half a million discarded glass bottles. What did they once contain?
a) Milk
b) Mountain Dew
c) Embalming fluid

7) Crooked Bush near Hafford, Sask. is a group of wild aspen trees that twist, loop and bend into a surreal looking forest. University research has concluded this is a result of:
a) A genetic mutation
b) Clay in the soil
c) Strong winds



Canada has only one true desert — do you know what province it's in? ISTOCK

8) In which province can you grab a coffee or bite at one of these fancifully named establishments: The Dancing Goat, The Laughing Whale, The Dancing Moose or The Prissy Pig?
a) Quebec
b) Alberta
c) Nova Scotia

9) Old City Hall in which city is an architectural oddity that contains references to the Masonic order, Celtic mythology and some less than flattering images of the sitting mayor (at the time of construction) by the architect, E.J. Lennox?
a) Winnipeg
b) Toronto
c) Charlottetown

10) Which province is home to Canada's only true desert, complete with sagebrush, cacti and tarantulas?
a) British Columbia
b) Newfoundland
c) Ontario

Answers: 1-c, 2-a, 3-b, 4-a, 5-c, 6-c, 7-a, 8-c, 9-b, 10-a

Bucket list

A wander through the Azores

The nine islands that make up the archipelago of the Azores used to be one of Europe's best-kept secrets. Lush and green despite being made up of 1,766 volcanoes, this autonomous region within the Portuguese state has made great gains since the 1970s, when it was still a relatively poor fishing outpost. Island life in the Azores teems with opportunities for visitors to sail, dive, go deep-sea fishing and explore more than 120 geotourism sites — everything from volcanic caves and ravines to hot springs. The best time to go is August and September. Check out flights from Toronto or Montreal to Ponta Delgada via SATA airlines at sata.pt.

DOUG WALLACE/METRO

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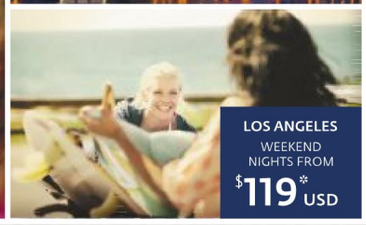

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Enjoy dinner out in the open

Open-Face Chicken Sandwich. This simple meal is not only filling, but offers up a wide range of textures that will make it a favourite

DINNER EXPRESS
Emily Richards
food@metronews.ca

This sandwich used to be a big favourite when I worked in restaurants. Packed with fibre and spiked with a tangy spread, it will keep you going for the rest of the evening.

Besides, in the hot summer weather, sandwiches are a great dinner option.

Enjoying the big full flavours of this sandwich with a crisp salad is a great way to round out your meal.

To really make it a great meal, why not pack it up with your favourite local beer or wine and head out to the backyard for a picnic?

Make the most of summer by keeping cool in the kitchen and enjoying delicious food outside.

Also, try grilling up some extra chicken one night to enjoy another time.

It takes no effort at all to have extra protein grilling while dinner is being prepared so you can plan ahead for the next night or even a fabulous lunch.

FLASH FOOD

From your fridge to your table in 30 minutes or less

Cooking tips

- Grill Option: Place baking sheet over medium high heat on the grill; close lid until cheese melts.
- Keep it healthy: Using Greek yogurt instead of mayo helps keep this sandwich spread low in fat but adds great protein.
- Speed it up: For a quick option, pick up a coleslaw mix instead of shredding your own cabbage.

Ingredients

Sandwich Spread

- 1/2 cup (125 ml) plain 0% Greek yogurt
- 1 tbsp (15 ml) balsamic vinegar
- 1 hard cooked egg, chopped
- 2 tsp (10 ml) minced green olives
- 2 tsp (10 ml) minced red bell pepper
- 1/2 tsp (2 ml) Worcestershire sauce

Sandwich

- 4 small slices whole grain bread
- 2 cups (500 ml) shredded cooked chicken
- 1 1/2 cups (375 ml) shredded cabbage
- 1 tomato, sliced
- 4 small slices light style Swiss cheese

This recipe makes four servings. EMILY RICHARDS

1. Sandwich Spread: In a small bowl, stir together the Greek yogurt balsamic vinegar, cooked and finely chopped egg, minced green olives, minced red bell pepper and Worcestershire sauce. Divide evenly among bread and spread. Top with chicken, cabbage and tomato. Lay one slice of cheese on each sandwich.

2. Place the prepared sandwiches on a baking sheet and bake them in 400 F (200 C) oven for about 10 minutes or until the cheese melts and bread is slightly toasted.

Defining 'hearty salad'

1. Heat a grill to high. Set a perforated grilling pan on the grill directly over the heat source.

2. In a small bowl, whisk together the lemon juice, 2 tablespoons of the olive oil, the garlic, oregano, cumin, salt and pepper. Set aside.

3. In a medium bowl, combine the onion, bell pepper, chickpeas, garlic powder, smoked paprika and 1 tablespoon of oil, tossing to coat evenly. When the grilling pan is very hot, transfer the mixture to the pan. Cook, stirring often, until the onions and peppers are lightly browned and tender, 8 to 10 minutes. Transfer the mixture to a clean serving bowl. Set aside.

4. In a bowl, toss the croutons with the remaining 1 tablespoon of oil. Place the croutons directly on the grill grate. Cook, turning often, until lightly browned and crisp. Use tongs to transfer the croutons to the bowl of chickpeas and vegetables. Add the arugula, then toss well to slightly wilt the arugula. Drizzle the dressing over the salad, then toss again to coat. Divide between 6 serving plates.

THE ASSOCIATED PRESS

Ingredients

- Juice of 1 lemon
- 4 tbsp olive oil, divided
- 3 cloves garlic, minced
- 1 tsp dried oregano
- 1/2 tsp ground cumin
- 1/2 tsp kosher salt
- 1/4 tsp ground black pepper
- 1 large red onion, cut into thin rounds
- 1 large red bell pepper, cored and cut into strips
- 15-oz can chickpeas, drained
- 1 tsp garlic powder
- 1 tsp smoked paprika
- 1 loaf (about 19 ounces) sour dough bread, cut into 2-inch croutons
- 5-oz container arugula

This Grilled Chickpea Salad with Red Onion and Sourdough serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

Hello, can I speak to my future hire?

Dial-a-disaster. Many first interviews are conducted over the horn, so heed this advice to avoid a communication crash

LAUREN MARINIGH
TalentEgg.ca

When you think of a job interview, it's likely that you'll picture a traditional face-to-face process.

However, many employers choose to do a first round of interviews over the phone.

Phone interviews can be intimidating, particularly if your previous interview experience has always involved on-site, in-person meetings. Don't worry; a little preparation can go a long way.

Here are a few ways that phone interviews can go wonky — so avoid, avoid, avoid.

Not being prepared
This goes without saying, but make sure you understand all the details of the interview.

Do your research on the company, read over the job description, and practise sample questions that you think might come up during the interview.

You'll also want to confirm all of the logistical details: who will be calling, when, and at what number. If the employer is calling you, be ready well in advance.

Double-check you have good reception, ensure that you are the one answering the phone, and set up all the resources you need on hand before you pick up (notebook, resumé, job description, etc.).

Not acting professional
Remember that every interview is a professional undertaking, even if it isn't conducted in a formal workplace.

Part of the challenge of phone interviews is presenting yourself in a professional manner without the ease of in-person interaction. If you haven't had much experience making business phone calls, try phoning a pal and comparing your interaction to the conversations you've had with an employer or in a traditional interview.

I'd like to call a friend

If you haven't had much experience making business phone calls, try phoning a pal and comparing your interaction to the conversations you've had with an employer or in a traditional interview.

Put yourself in professional mode when chatting to your potential employer by picking yourself up out of bed and docking yourself at a desk. ISTOCK

Do not eat or drink during your interview, and make sure that you are in a quiet setting with a phone that has a full battery.

To save yourself from embarrassment, make sure to tell everyone else in your household that you are using the phone for an interview — this way, you won't get your parents picking it up in another room, awkwardly interrupting.

Other things that can help put you in the professional mindset include sitting in a professional setting or area (think desk, not bed), and dressing for success.

Not closing the interview effectively
Just like you would in an in-person interview, ask questions. Always have a list prepared in advance and pick a few that the interviewer might not have answered during your conversation.

This is your chance to get a better idea of the work environment, and whether you could see yourself working there.

Don't forget to close by thanking the interviewer before saying goodbye.

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A social media success

Tightening the LinkedIn chain. Get ready to unleash the power of this professional platform using two easy tricks

LAUREN MARINIGH
TalentEgg.ca

A quality LinkedIn profile is arguably just as useful as a great cover letter and resumé. This is especially true if you're looking to network and build your personal brand.

Yet many would-be hires are making simple LinkedIn mistakes without even realizing it.

Avoid all of that and prepare to impress future employers instead.

Here are two common LinkedIn 'Don't's' and advice on how you can build your online presence.

A lacklustre headline
Your profile needs a solid and engaging headline; it's the first thing people see after your photo.

By default, your headline will appear as the title of your current position. Avoid this.

Think of the terms that future employers may be searching for when looking for someone with your skills. Do some research to get started.

Don't try and write the perfect headline in one go — brainstorm ideas and write as many as you can before fine-tuning and making your decision.

Staying silent
Like any social media platform or networking resource, you need to invest time and energy in LinkedIn to see results.

While your employment information may not change drastically on a regular basis, you should update your status and get involved on LinkedIn on a regular basis.

You can share valuable and interesting articles you read, comment in LinkedIn group discussions, and share your input on other people's statuses.

This activity keeps you on the radar of those inside and outside of your network and builds your presence in other people's newsfeeds.

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We're proud to be one of them.

Gary Lerat grew up in a community he loves — the Cowessess First Nation in Saskatchewan. Today, he's also a member of the PotashCorp community. Thanks to a unique outreach program, we're tapping into the talents of First Nations and Métis people like Gary. We offered him a career path at our Rocanville mine, and he's making the most of it. "It's got that community feel," says Gary about PotashCorp. "Everyone there is almost like family." To see the video of Gary's story, visit
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U.S. sub-marined by Belgian onslaught

World Cup. American 'keeper's 16 saves not enough as Belgium finally breaks through in wild extra-time clash

U.S. goalkeeper Tim Howard and Belgian substitute Romelu Lukaku went head to head on Tuesday, with Lukaku's side narrowly coming out on top. LAURENCE GRIFFITHS/GETTY IMAGES

Kevin De Bruyne turned a heroic night for U.S. goalkeeper Tim Howard into defeat on Tuesday, with an extra-time goal and an assist that gave Belgium a 2-1 victory and a quarter-final match against Lionel Messi and Argentina.

With three extra-time goals in a thrilling match, De Bruyne and substitute Romelu Lukaku gave Belgium a big lead before Julian Green closed the gap with 12 minutes to go.

"For my heart, please don't give me too many games like this," said Belgium coach Marc Wilmots.

Belgium's unyielding attacks for 90 minutes on Tuesday only highlighted the great performance of the 35-year-old Howard, but the U.S. finally wilted in the evening heat once extra time came.

Three minutes in, Lukaku found space on the right and passed into the centre. At first, the ball was poked out before De Bruyne gained possession. Belgium's creative genius had the energy for a sharp move and his low shot missed the yellow foot of Howard and settled inside the post.

"The levee is going to break at some point," said Howard.

In the 105th minute, Belgium looked like it had put the game away. De Bruyne launched Lukaku into open space on the left and the Everton striker beat his club teammate Howard with a drive to the near post.

The Americans got late hope when Green pulled one back in the 107th with a sterling volley on the turn that Thibaut Courtois could only touch before he saw it fly into his net.

With almost no work at all in 120 minutes, Courtois turned out to be more decisive than Howard had been, stopping a late flurry for the equalizer from the Americans. THE ASSOCIATED PRESS

Round of 16

2	1
Belgium	U.S.

- Belgium had been criticized for its low scoring rate but it was not for want of trying on Tuesday. The team had 27 shots on Howard, compared to nine for the United States.

AUGMENTED REALITY

→ Scan the image with your Metro News App to view more images of Tuesday's action.

→ See the full instructions on Metro's Voices page.

metro AR

Argentina-Swiss. Messi sent an Angel in Rio

Lionel Messi jumps on Argentina goal scorer Angel di Maria on Tuesday. JULIAN FINNEY/GETTY IMAGES

Angel Di Maria scored deep into extra time Tuesday to give Argentina a 1-0 win over Switzerland and a spot in the World Cup quarter-finals.

With a penalty shootout looming, Lionel Messi made a surging run toward the Swiss area in the 118th minute and laid the ball off to Di Maria on the right.

The winger struck a left-foot shot past diving goalkeeper Diego Benaglio, prompting the Argentine bench to jump out on the field to celebrate the goal.

Swiss substitute Blerim Dzemaili nearly equalized right before the end but his header hit the post, and the rebound bounced off his knee and wide of the goal.

The result at Sao Paulo's Itaquerao Stadium continued Argentina's record of scraping by with narrow wins at this World Cup. THE ASSOCIATED PRESS

Game of inches

"We know that this could happen to us, but we gave our souls out there on the pitch, we fought with our lives for each ball and we ended up as the winners."

Tuesday's hero for Argentina, Angel di Maria

NBA

Kidd enlisted to Buck losing trend

The Milwaukee Bucks hired Jason Kidd as coach on Tuesday after completing a deal with the Brooklyn Nets.

The Bucks sent the Nets two second-round picks for Kidd, who went 44-38 in his only season as Brooklyn coach.

Milwaukee fired Larry Drew on Monday after reaching the deal with Kidd. Drew went 15-67, the worst record in the league, in his only season guiding the Bucks. THE ASSOCIATED PRESS

MLB

Hutch helps Jays staunch bleeding

The Toronto Blue Jays have come close to falling out of first place in the American League East, the result of a recent slide.

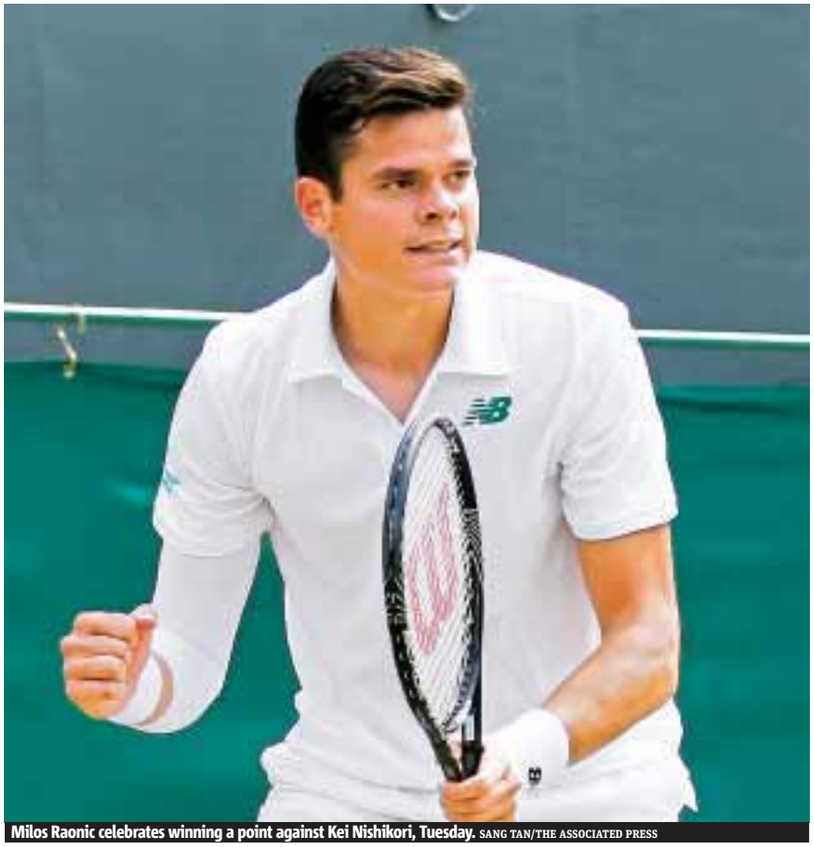
An excellent start from Drew Hutchison and the return of Jose Bautista helped the Jays stay ahead in the divisional race while ending a three-game losing skid.

Hutchison struck out a season-high 10 batters and Bautista belted one of two Toronto homers as the Jays defeated the Milwaukee Brewers 4-1 in front of a sellout crowd on Canada Day at Rogers Centre.

The Toronto right-hander was dominant early on, retiring the first 14 batters he faced as the Blue Jays stayed one game ahead of second-place Baltimore.

"When he's on, he's on," Toronto manager John Gibbons said of his starter. "He can be really, really good." THE CANADIAN PRESS

Jays slugger Jose Bautista hits a first-inning home run on Tuesday in Toronto. CHRIS YOUNG/THE CANADIAN PRESS



Milos Raonic celebrates winning a point against Kei Nishikori, Tuesday. SANG TAN/THE ASSOCIATED PRESS

Raonic, Bouchard move on to record quarter-finals

Wimbledon. Canadian players' paths made easier by early upsets

Milos Raonic joined Eugenie Bouchard in the quarter-finals of Wimbledon as the talented pair continued their run at the record books.

Eighth seed Raonic achieved his best career showing at the All England Club on Tuesday with a 4-6, 6-1, 7-6 (4), 6-3 fourth-round win over Japanese 10th seed Kei Nishikori.

Raonic becomes just the second Canadian to reach the Wimbledon quarter-finals in the Open era, which began in 1968.

He next faces Australian wild card Nick Kyrgios, who shocked second seed Rafael Nadal with a 7-6 (5), 5-7, 7-6 (5), 6-2 win later Tuesday.

Raonic laid down 34 aces in his victory over Nishikori, who is coached by former French Open winner Michael Chang. Raonic broke three times, saved five break points against his serve and ended with 64 winners in the comprehensive victory.

"I've been serving in general well this tournament, and even throughout the clay court season," said Raonic. "But obviously here it sort of gets exemplified a little bit more. It's a little bit more on display."

In men's doubles, veteran Daniel Nestor of Toronto and Serbian partner Nenad Zimonjic reached the quarter-finals over Pablo Cuevas of Uruguay and David Marrero of Spain 7-6 (8), 6-4, 6-4. THE CANADIAN PRESS

Bouchard now feared

Bouchard made her way to the quarter-finals on Monday with a defeat of Alizé Cornet. She will face off in the next round against German ninth seed Angelique Kerber, who upset fifth seed Maria Sharapova 7-6 (7-4), 4-6, 6-4, winning on a seventh match point.

Bouchard hammered Kerber in the French Open fourth round a month ago.

"The match against Bouchard will be a tough one," said Kerber. "I lost against her in Paris, but I'm feeling right now better and I'm feeling better on grass." THE CANADIAN PRESS

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"Number one job site" based on five-month average online job postings for period ending May 31, 2014. Comparison between Workopolis and all other major paid online job boards. Does not include online classified sites or job posting aggregator sites. Statistics provided by WANTED Technologies. © 2014 Workopolis.

Iginla gambles on another cup contender

Jarome Iginla skates with the puck in Game 4 of the second round of the Stanley Cup Playoffs at the Bell Centre on May 8 in Montreal. The Colorado Avalanche have signed Iginla to a three-year, $16-million deal.

FRANCOIS LAPLANTE/FREESTYLE PHOTOGRAPHY/GETTY IMAGES

NHL free agency. Aging forward happy to be among 'dynamic group' in Colorado

Jarome Iginla felt a little more youthful on his 37th birthday even as he became the old man of the Colorado Avalanche.

He's energized by the challenge of not only trying to keep up with the likes of speedy forward Nathan MacKinnon, who is half Iginla's age, but also of helping this rising squad take another step in its growth.

"I don't want to be arrogant, but I still believe I can be very good," said Iginla, who celebrated his birthday Tuesday by signing a three-year, $16-million deal with Colorado. "And this is a dynamic group. I think they work hard and they're committed, and they're just going to keep getting better and better."

The Avs are coming off a season in which they tied a franchise record with 52 wins in Patrick Roy's first year behind the bench and returned to the post-season for the first time since 2009-10.

Among their top priorities in the off-season? Adding some grizzled veterans to the squad.

First, the team picked up veteran forward Daniel Briere from Montreal for right-winger P.A. Parenteau and a fifth-round pick in next year's draft.

Then, Colorado acquired defenceman Brad Stuart from the San Jose Sharks for a second-round pick in 2016 and a sixth-rounder in 2017.

On Tuesday afternoon, shortly after losing fan favourite Paul Stastny to free agency — he signed a four-year, $28-million deal with division rival St. Louis — the Avs worked out a deal with Iginla.

It wasn't a laborious task, especially given the friendship between Iginla and Avalanche Hall of Famer-turned-executive Joe Sakic. The two have been tight since their days with Team Canada and when Sakic made his pitch, Iginla intently listened.

"(Sakic) is a winner so it definitely had something to do with this," Iginla said.

Iginla has played in 1,310 regular-season games with Calgary, Pittsburgh and Boston. He had 30 goals in 78 games for the Bruins last season.

THE ASSOCIATED PRESS

Around the league

- A lot of good players signed on Day 1, including centre Paul Stastny getting a $28-million, four-year deal from the St. Louis Blues as a direct answer to the Stars' trade for Jason Spezza and the Anaheim Ducks' trade for Ryan Kesler last week. As those dominoes fell, the Chicago Blackhawks also got their No. 2 centre in the form of Brad Richards, who signed at a bargain-basement price of $2 million after being bought out by the New York Rangers.
- The Buffalo Sabres significantly improved their young roster with Brian Gionta, Matt Moulson and Josh Gorges and look less like a team gearing up for a run at the first overall draft pick in 2015.

Winning culture

"Jarome's track record speaks for itself.... He is one of the top goal-scorers of all time, as well as a great leader. His addition will bolster our offence."

Hall of Fame player and Colorado Avalanche executive Joe Sakic

Vancouver adds 'ferocious competitor' in Ryan Miller

The Vancouver Canucks continued their renovation Tuesday with the signing of free-agent goaltender Ryan Miller, a move designed to add experience in net to a team that missed the NHL playoffs last season.

Miller, considered the best goaltender on the free-agent market, signed a three-year contract worth $18 million US.

"We think he is going to be very instrumental in the success of our team going forward," Jim Benning, Vancouver's general manager, told a news conference. "He gives us that experience we need in net.

"He is a ferocious competitor. He is focused, he is intense. He wants to win. Those are the types of players we want in our organization going forward."

Fresh start

"As an athlete and a person you have to move forward."

Goalie Ryan Miller, on his time in St. Louis

Miller, a former Vezina Trophy winner who has played in 559 NHL games, believes he can help return the shine to a team that has begun to show tarnish.

"I like to think that this team can get its mojo back, have a good attitude and push forward," said the 33-year-old from East Lansing, Mich. "From the top down I think they have the right attitude in place. I think it's going to be exciting to play hockey here."

THE CANADIAN PRESS

Off the leash

Senators' Spezza lands in Dallas

Jason Spezza has been granted his wish to be traded away from the Ottawa Senators.

The Senators traded their captain to the Dallas Stars on Tuesday for NHL forward Alex Chiasson, forward prospects Alex Guptill and Nicholas Paul, and a second-round pick in next year's draft. Dallas also receives forward prospect Ludwig Karlsson in the deal.

"I think it was best for me to move on," Spezza said. THE CANADIAN PRESS

Flames' FA flurry. Calgary collects crucial building blocks for retooling team

New Calgary Flames general manager Brad Treliving said last week he was in the market for a defenceman with a right-handed shot. He got one Tuesday, along with added insurance in net and some offence up front to replace the departing Mike Cammalleri.

Calgary came to terms with tough defenceman Deryk Engelland, who received a significant pay raise in a three-year deal worth $2.9 million US per year. Engelland's salary with Pittsburgh last season was $575,000.

The Flames also signed local winger Mason Raymond to a three-year, $9.5-million deal and Swiss goaltender Jonas Hiller to a two-year, $9-million contract.

"The term was very important for us," Treliving said Tuesday. "We wanted to keep things three years and under, which we've done on all these contracts.

Calgary closed in on the cap floor of $51 million Tuesday.

THE CANADIAN PRESS

2015 Ford Fiesta ST

- **Type.** Five-door, front-wheel-drive subcompact hatchback
- **Engines (hp).** 1.6-litre inline four-cylinder (197)
- **Transmission.** Six-speed manual
- **Base price.** $26,064

Market position

Well-known European "hot hatch" now available in North America. Looks the part, goes the part. Targeted at driving enthusiasts, as evidenced by only one transmission offering (the six-speed manual), the hot turbo engine, and many handling upgrades. ST, for Sport Technologies, is Ford's global performance badge.

Points

- One of the quickest "little" cars you can buy.
- Engine sounds actually fed into interior cabin for sporty ambience.
- Exemplary cornering — flat with no understeer.
- Sits 15 mm closer to the ground that other Fiesta models.
- Still quite fuel-efficient — 5.6/7.8 City/Highway L/100 km

The ST offers lots of torque and launches easily.

Safety

Six standard air bags; four-wheel disc brakes with ABS; stability control with engine torque vectoring and with three selectable modes; tire pressure monitoring system; child seat anchors; anti-theft engine immobilizer.

One engaging little beast of a car

PHOTOS: MIKE GOETZ

Review. The Ford Fiesta ST is not just a Fiesta with a different badge. It's a completely different animal.

MIKE GOETZ
drive@metronews.ca

The Ford Fiesta ST is a great "hot hatch" in the European tradition.

But while Europe has had a Fiesta ST since 2005, this 2014 model is the first for North America.

Unlike Europe, our Fiesta only comes in four-door sedans and five-door hatches, so our new five-door ST doesn't look quite as cool as Europe's new three-door ST coupe, or for that matter, the three-door factory Fiesta rally car, which is piloted by racer and YouTube stunt driver sensation Ken Bock.

But four doors or not, this thing rocks.

The exterior bits that make ST more visually sporting — one-of-a-kind grille and chin spoiler, rear diffuser and spoiler, dual exhaust tips, and unique 17-inch wheels — are agreeably understated.

It feels more racy on the inside, primarily because our tester was flaunting the optional leather-trimmed RECARO seats — in "hurt your eyes" red. These seats are super firm and have huge side bolsters.

The ST is the most expensive Fiesta you can buy, so the rest of the inside is packed with stuff, like SYNC with MyFord Touch, a 6.5-inch LCD screen and the 80-watt stereo.

The ST features a 6.5-inch LCD screen and an 80-watt stereo.

But ST is all about the driving experience. First thing you notice is how much torque this thing has, and how easily it launches. Ford says 177 lb-ft is available from just 1,600 rpm and that maximum torque (214 lb-ft) can be had by 3,500 rpm — and you can believe it.

The engine is exclusively mated to a slick-shifting six-speed manual transmission. No automatic. Rowing through the gears is a motivational and audible treat. Powertrain sounds are actually fed directly into the cabin to enhance the sporty experience. ST features upgraded braking and suspension and steering, compared to regular Fiesta models. It also features electronic Torque Vectoring Control, to reduce understeer during hard cornering, and a three-mode stability system (off, standard, sport).

This translates to a very entertaining experience through traffic and in twisty bits along your journey. It has virtually no body lean and can change lanes with a flick of the steering wheel. The stiff "summer" performance tires can't help smooth out the bumps very much, but that would be one of the few caveats of this very engaging little beast.

Compare PHOTOS: CONTRIBUTED

1 Fiat 500 Abarth
Base price: $26,190
Fiat 500's performance model looks good, sounds better. Its 1.4-litre turbo makes 160 hp. Manual is a five-speed.

2 Mini Cooper S
Base price:$27,490
The all-new 2015 Mini S features a 2.0-litre turbo capable of 189 horses. Lots of fun in a practical package.

3 Chevrolet Sonic RS
Base price: $25,645
Not in the same performance league as the others, but lots of bang for the buck.

DRIVE

Recently released pics of the next edition of the Batmobile have already upstaged the news that Ben Affleck will be the next Batman. But will the latest version of caped crusader's rocket-fuelled Gotham street racer be the coolest dark ride on screen? When it comes to black cars, the competition is pretty steep.

MIKE DOJC
drive@metro.ca

5 of the slickest black rides to hit the screen

1965 Lincoln Continental Convertible

Entourage

Turtle drives this 1965 Lincoln Continental convertible with Vince shotgun and Drama and E in the back during Entourage's opening credit sequence. Jane's Addictions' Superhero blares while the camera leers at its glossy black painted body panels and sumptuous black leather interior. As this 5,500-pound steel car star cruises down neon-flecked Sunset Boulevard, we get lingering glances at everything from the hood ornament, chrome body trim, and prominent taillights to the ride's vaunted rear suicide doors.

1990 Porsche 911 (964) Carrera Cabriolet

Californication

"You think I can't afford this penile implant on wheels," spouts Hank Moody (David Duchovny) to a saleswoman who lays off her full throttle sales pitch when she finds out he writes books for a living. True to Californication, moments later during the test drive of this later model of his go-to car, the pair find themselves joining, or in Moody's case probably just updating his membership in, the illustrious ranks of the sex-in-the-front-seat-of-a-sports-car-that-can-go-0-60-in-under-six-seconds club. The Porsche upgrade doesn't go all well. Later in this Season 1 episode, he's carjacked and goes back to his trusty 1990.

1983 GMC Vandura

The A-Team

A four-man crack commando unit of Vietnam vets for hire required a set of wheels as badass as the series breakout star who drove it. B.A. Baracus (Mr. T) probably pitied the fools and suckas tooling around in plain-Jane Ford Econoline vans. The iconic black-and-metallic-grey Chevy van with red turbine mag wheels and a defining red stripe was perfect for chasing down baddies, making insane car jumps, and stowing an endless supply of Hannibal's crazy disguises.

KITT 1982 Pontiac Trans Am

Knight Rider

The novelty of a talking car in an era before turn-by-turn navigation easily beat out Hasselhoff, then in the height of his himbo powers, for top billing on Knight Rider. Voiced by William Daniels' gentle dulcet tones, this sentient supercar with an almost overbearingly paternal instinct for its favourite passenger was equipped with everything from flamethrowers and lasers to knockout gas. Take all the gadgetry and whiz-bang capabilities of the entire James Bond canon and multiply that by 100, and you begin to scratch the surface of this bad boy's arsenal.

The Bluesmobile: 1974 Dodge Monaco

The Blues Brothers

A baker's dozen Bluesmobiles were used and abused by Jake (John Belushi) and Elwood (Dan Aykroyd) in the making of the film. Considering this 1974 Dodge Monaco black-and-white cop car possessed X Games skills, turning back-flips, jumping a drawbridge, and achieving hang time ridiculous enough to make Travis Pastrana's antics seem pedestrian, that should be no surprise. Toss in 60 cop cars to give our heroes chase and you had yourself a demolition derby. Upon its release, Blues Brothers owned the record for the number of cars totalled while filming a movie.

Horoscopes

♈ Aries
March 21 - April 20
You have every reason to be confident but don't start believing that nothing can go wrong. Your social life may be fun but is there something of a more serious nature you should be taking care of.

♉ Taurus
April 21 - May 21
Something good will come your way today. Others may say you don't deserve to be so fortunate but only because they wish they had been as creative and as hard-working as you.

♊ Gemini
May 22 - June 21
You seem to be in a positive mood now that Mercury, your ruler, is moving in your favour again. However, other aspects warn this is no time to rest on your laurels. There is still more good you can do in the world.

♋ Cancer
June 22 - July 23
For best results today don't limit yourself to tried and trusted ways of doing things. Use your imagination to dream up new ideas and new ways of living, laughing and loving.

♌ Leo
July 24 - Aug. 23
Find a quiet place where you can be alone with your thoughts and start asking some serious questions of the "who am I?" and "what should I be doing with my life?" variety. The answers may surprise you.

♍ Virgo
Aug. 24 - Sept. 23
What seemed difficult a while ago now seems so simple, which just goes to show how a change of attitude can lead to a change of fortune. Prove you're a force to be reckoned with.

♎ Libra
Sept. 24 - Oct. 23
Listen to your inner voice today because it offers good advice you won't get from others. The answers you seek are not "out there" in the world but hidden in the depths of your heart.

♏ Scorpio
Oct. 24 - Nov. 22
You may not want to hurt someone's feelings but you know you have to be honest. There comes a time when it is necessary to tell it like it is, even if it means putting a relationship or friendship at risk.

♐ Sagittarius
Nov. 23 - Dec. 21
Stop looking at your problems so emotionally. Your feelings must not be allowed to come into it, especially where money and business issues are concerned. Practical problems require practical solutions.

♑ Capricorn
Dec. 22 - Jan. 20
What a friend has to tell you today may not be what you were hoping to hear but the important thing is it's what you need to hear. Are you smart enough to realize you don't know all the answers?

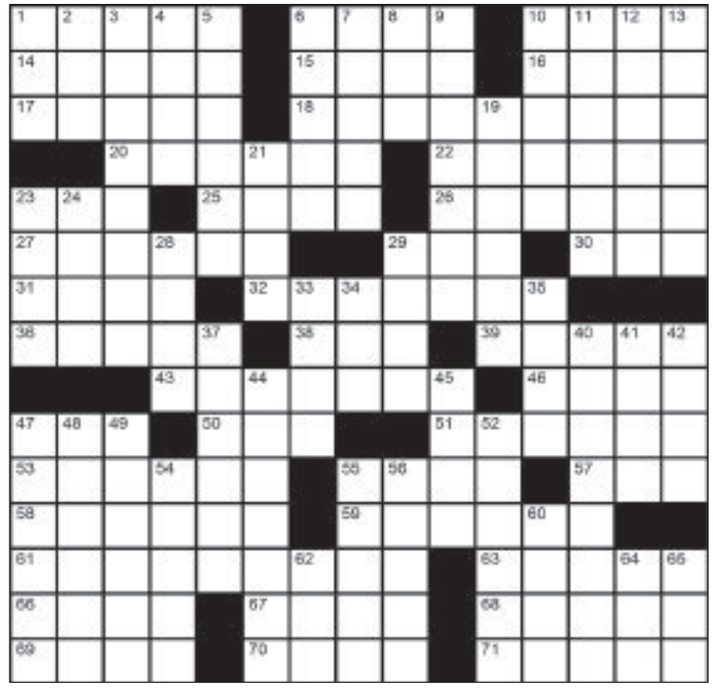
♒ Aquarius
Jan. 21 - Feb. 19
Your ability to tune in to how others think and feel will bring benefits, especially on the work front where sudden changes won't take you as much by surprise as they do some.

♓ Pisces
Feb. 20 - March 20
Your confidence is making a return now that mind planet Mercury is no longer such a negative influence, and by the end of the week you will be the life of the party. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

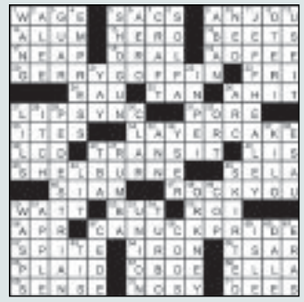
BY KELLY ANN BUCHANAN



Across
1. Fast food gig, colloquially
6. "__ __ surprised as you!"
10. Group
14. Tacky
15. "America's Got Talent" host Mr. Cannon
16. 'Chick' suffix
17. Divvy up
18. __ Bridal (Retailer on TLC's "Say Yes to the Dress" that now has a boutique at Hudson's Bay in downtown Toronto)
20. Warders at the Tower of London
22. Looked
23. Play part
25. Broad
26. One of Canada's 'Famous Five', Irene __ (b.1868 - d.1965)
27. Brings forth
29. Ms. Streep, to pals
30. 'Lion' suffix
31. Magazine like Glamour
32. Distinctly
36. Curious sort
38. Dinghy director
39. Like a lotus position
43. Aquatic bird
46. Baie-D'__ (Montreal suburb)
47. __ Lanka
50. Sixers
51. From longest ago
53. Soldier-to-Sergeant reply!: 2 wds.
55. Concept
57. __-hoo!
58. Squashes
59. P.K. __ (Montreal Canadiens player)
61. Largest mammal: 2 wds.
63. Honda car
66. Certain cheers
67. Mr. Hershiser
68. Guitar __
69. Vega constellation
70. Drenches
71. Cranky

Down
1. Booker T.'s backup
2. Pen part
3. "Guns + Ammunition" is by what Toronto band?: 2 wds.
4. Garfield's pal
5. Ottawa, formerly
6. __ a deal
7. Global TV's "Rookie Blue" actor, Travis __
8. Expert
9. "Gilligan's Island" character
10. Canadian journalist Morley
11. Gertrude __ (1926 English Channel swimmer)
12. Hollywood's humans
13. 26th Pres. Mr. Roosevelt's
19. Almost
21. Catchall category, curtly
23. On the ocean
24. Mil. ranks
28. "Pee-__ Big Adventure" (1985)
29. Crumbly soil
33. Bonfire needs
34. Perrier, par exemple
35. "__ better believe it!"
37. Critique
40. __ __ Convent (Winnipeg's oldest building, home of Le Musee de Saint-Boniface Museum)
41. "Assuming that's true...": 2 wds.
42. Tip to 'logy' (Study of whales and dolphins)
44. Snowbirds display: 2 wds.
45. Songstress Lisa
47. Icon
48. Truly
49. Royal Canadian Mint, coins-___
52. Canadian brewer
54. "__ _ Lady" by Tom Jones
55. Little land-on-water
56. Sword fights
60. Missed _ __ (Thespian's mistake)
62 "Right you __!"
64. Soak flax
65. 'Diction' suffixarean contraction

Monday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

8				4		1	3	
	9		8	5		7		
					2			
	7	3				9		1
6								3
9		2				4	8	
			9					
		5		3	7		6	
	1	9		8				4

Monday's Sudoku

1	5	7	2	6	4	3	9	8
2	8	6	3	9	5	1	7	4
3	9	4	1	8	7	6	2	5
6	7	8	4	5	2	9	1	3
9	4	3	6	1	8	2	5	7
5	2	1	9	7	3	4	8	6
4	3	5	8	2	1	7	6	9
8	6	2	7	3	9	5	4	1
7	1	9	5	4	6	8	3	2

Today
25°/15°
Variable

Thursday
26°/17°
Partly cloudy

Know what the weather will be 14 days from now.
Check the 14 day trend.

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Helping Nature Provide

STORY NO. 16

Our model farm's most important crop? Tomorrow's farmers.

PotashCorp is committed to sharing our food production expertise with the world. Our Model Farm in Trinidad is a good example. On a 75-acre plot of land, local farmers learn to increase their yields, their profits — and their nation's food security. But just as important, local school children learn to see agriculture as a viable option for their future. Because the island's long-term food security depends on them. To see our model farm video, visit **PotashCorp.com/25**

25 years of nourishing human potential.

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